* * * * * * * The Plan of the Week * * * * * * 7 SEPTEMBER 2015 – 13 SEPTEMBER 2015



MEALS: Breakfast: 0630 - 0830 / Lunch: 1130 - 1300 / Supper: 1630 - 1800

WELCOME / FAREWELL / IN MEMORY OF:

WELCOME: John Scott (USN)

FAREWELL: Jack Cahill (USAF), Ed Proctor (USCG), Darold Schroeder (USAF),

and George Vranich (USAF) who transferred to the D.C. Home.

IN MEMORY OF: John Wilson (USA)

RESIDENT POPULATION: 532 **AVERAGE AGE:** 82 (as of 01SEP15)

FACILITY NOTES & RESIDENT INFO:

GATE HOUSE: Always stop at the Gate when entering AFRH-G to show your ID.

PMD OWNERS: All Powered Mobility Device (PMD) owners should see Security to register their devices. All devices and walkers must be kept in Resident Rooms.

WORK ORDERS: Call 897-4444 to request a work order.

RECENT BINGO & TOURNAMENT RESULES:

BINGO 8/21: Katie Williamson Jackpot: \$93

BINGO 8/26: Ed Farrell Jackpot: \$113

HORSEHOES 8/25: 1st – Ernie Fowler, 2nd – Wayland Webb, 3rd – Gerry Gorsky

SHUFFLEBOARD 8/28: 1st – Bill Jossendal, 2nd – Harry Rhizor, 3rd – Mary German

WASHER TOSS 8/31: 1st – Fred Ray, 2nd – Bill Jossendal, 3rd – Mike Longwell **PUTTING 9/1:** 1st – Bill Jossendal, 2nd – Doris Denton, 3rd – Rosie Rosenburgh

EMPLOYEE UPDATES:

FAREWELL: Michael Thompson, LPN; and Keith Rosipko, IT Help Desk

CURRENT ANNOUNCEMENTS:

- **BREAKFAST HOURS:** Effective 01OCT15 Breakfast hours will change from 0630 0830 to 0700 0830.
- FLAG FLYING: This week the Virginia flag will be flying in front of the Home.
- FRA FOOD PANTRY: The Seabee Chapel Food Pantry has re-opened and once again the FRA will be assisting with this project. Residents may drop off food donations or cash near the Security Desk. This project makes a difference in so many lives thank you for your support!
- **GENERATOR TESTING:** Will be conducted on Tuesday, 08SEP15. Any questions, please see Campus Operations.
- KNITTING/CROCHETING GROUP: Residents interested in participating in a Knitting/Crocheting group, meet in 1st Floor Sewing Room on Monday at 1300.
- LAUNDRY EQUIPMENT: Washing machines in Tower A will be sanitized on Wednesday, 09SEP15. Please refrain from using the machines 0600-0700.
- LOST & FOUND: During the past week the following item was found: eyeglasses with case. If you have lost/misplaced an item, please go by Security to appropriately identify and sign for your item. If you have any questions, contact Security at 897-4418.
- **RESIDENT GUIDE SIGNIFICANT CHANGES:** Policies 20.b. Automobiles / Motorcycles, Recreational Vehicles / Trailers: b. Added the verbiage, "Residents who entered the Home prior to 7/1/14 and have one (1) or more of the previously listed devices are considered grandfathered in." (pg. 21)
- **RULES OF THE ROAD:** When using PMDs or walking in the building, please stay to the right in the hallway. Slow down at intersections and look both ways.

7 SEPTEMBER 2015 – 13 SEPTEMBER 2015

MONDAY, 7 SEPTEMBER Labor Day Holiday (Federal Offices Closed)

- 0845 Rosary Chapel
- 0900 Prayer Time Lord's Cabin
- 0900 Exercise Class Exercise Room (RM 1211)
- 0915 Catholic Service Chapel
- 0930 **Outdoor Shuffleboard Tournament** Basketball Court 0940 Holy Hour Chapel
- 1000 Water Aerobics Class Swimming Pool
- 1000 Tai Chi Class Exercise Room (RM 1211)
- 1400 MOVIE MATINEE w/POPCORN: Title to be announced
- 1830 MOVIE: "Labor Day" (PG-13, 111 Min) Drama (2013)

TUESDAY, 8 SEPTEMBER

- 0900 Stretching Class Exercise Room (RM 1211)
- 0930 **RAC Meeting** Community Center (RM 1109)
- 1300 Art Activity Art Studio (RM 1236)
- 1330 Cribbage Tournament Club Room (RM A244)
- 1400 Intro to Genealogy Computer Learning Center (RM 1213)
- 1400 Eve Pet Therapy Visit Front Lobby
- 1830 MOVIE: "Chicago" (PG-13, 113 Min) Musical (2002)

WEDNESDAY, 9 SEPTEMBER

- 0800 Demo Painting Art Studio (RM 1236)
- 0845 Rosary Chapel
- 0900 Exercise Class Exercise Room (RM 1211)
- 0900 Prayer Time Lord's Cabin
- 0915 Catholic Service Chapel
- 1000 Water Aerobics Class Swimming Pool
- 1300 Woodshop Safety Wood Hobby Shop (RM 1262)
- 1400 MOVIE MATINEE w/POPCORN: "Kingsman: The Secret Service" (2013)
- 1830 Bingo Community Center (RM 1109)
- 1830 MOVIE: "Old Man and the Sea" (NR, 86 Min) Adventure (1958)

THURSDAY, 10 SEPTEMBER

- 0900 Stretching Class Exercise Room (RM 1211)
- 0930 Free Throw Tournament Basketball Court
- 1300 Acrylic Painting Art Studio (RM 1236)
- 1400 Fleet Reserve Meeting Theatre
- 1430 Movie Selection Meeting Library
- 1830 MOVIE: "Horrible Bosses 2" (R, 108 Min) Comedy (2014)

FRIDAY, 11 SEPTEMBER

- 0830 Wal-Mart Shopping Trip Sign up in Bocce Center (RM 1025)
- 0845 Rosary Chapel
- 0900 Exercise Class Exercise Room (RM 1211)
- 0915 Catholic Service Chapel
- 1130 Bacchus on the Beach Lunch Trip Sign up in Bocce Center (RM 1025)
- 1400 Friday Afternoon Bingo Community Center (RM 1109)
- 1830 MOVIE: "Gentleman's Agreement" (NR, 118 Min) Drama (1947)
- 1900-2200 Resident Dance: Music by Billy & Friends Community Ctr. (RM 1109) (Hosted by Fiddler's Green.)

SATURDAY, 12 SEPTEMBER

- 1400 Prince, Charlie, & Riley Pet Therapy Visit Front Lobby
- 1830 MOVIE: "Rosewood Lane" (R, 97 Min) Thriller (2011)

SUNDAY, 13 SEPTEMBER

- 0915 Catholic Service Chapel
- 1030 Protestant Service Chapel
- 1830 MOVIE: "North & South Episode #2" (TV, 90 Min) Series (1985)